

Name _____ Belt _____

SELF-CONTROL

What is SELF-CONTROL?

How can we show SELF-CONTROL during Taekwondo classes?

How can SELF-CONTROL help us when we are with someone who encourages us to do something we know is wrong?

Give an example of what you would say to a person who asks you to do something that you know is not right:

DISCIPLINE

How does the dictionary define DISCIPLINE

How does DISCIPLINE help us achieve our goals?

Give an example of how you can show DISCIPLINE during your Taekwondo training:

PATIENCE

What does patience mean? _____

Why is PATIENCE such an important quality to have as a student of Taekwondo?

How do you feel when someone is PATIENT with you?

What is one way you can show PATIENCE with a family member or friend?

RESPONSIBILITY

RESPONSIBILITY means:

What is one thing you are RESPONSIBLE for?

How do you show RESPONSIBILITY for it?

Name a person you feel is very RESPONSIBLE:

Why do you feel they are RESPONSIBLE:

